

MY Mindfulness

BINGO



Name _____

I will complete this bingo by (end date) _____

The goal is to complete one row of squares (vertical, horizontal, or diagonal) by the end date. Color in the square once you completed it!

Go on a mindful nature walk	When you wake up, take 5 deep breaths	Blow soap bubbles and watch them float away	Color a picture	Name 5 things you can see right now
Invite a friend to breathe with you for 30 seconds	Name one thing you can taste right now	Create a glitter jar	Tighten your muscles, then let go	Take a mindful bath, listen to the water running
Name 3 things you can hear right now	Practice mindful eating, how does the food taste?	Write your own	Name 4 things you can touch right now	Close your eyes and sit in silence for 2 minutes
Be a butterfly! Sit, bend knees and flap legs like wings	Give yourself a tight hug and hold for 10 seconds	Close your eyes and take 10 deep breaths	Close your eyes and think of a favorite memory	Breathe in like you are smelling a flower. Breathe out like you are blowing a leaf
Jump up and down then relax with hand on heart. Feel your heartbeat	Balance on one foot while keeping your gaze on something in front of you	Lay down flat with plush animal on belly, breathe in and out	Name 2 things you can smell right now	Close your eyes and listen to calming music